

Mom 2020

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Lynne Herman (USA) & David Herman (USA) - May 2020
音乐: Mom (feat. Kelli Trainor) - Meghan Trainor : (Album: Thank You, Deluxe)



INTRO: 32 counts

RESTART: After 16 counts, Wall #9

S1: FORWARD, TOUCH, BACK, KICK, BACK COASTER, HOLD

12 Step RF forward (1); touch LF slightly behind RF (2)
34 Step LF back (3); kick RF forward (4)
567 Step RF back (5); step LF beside RF (6); step RF forward (7); hold (8)

S2: TRIPLE FORWARD, HOLD, JAZZ ¼ TURN RIGHT

1234 Step LF forward (1); step RF beside LF (2); step LF forward (3); hold (4)
56 Cross RF in front of LF (5); step back on LF while turning ¼ right (6) (3:00)
78 Step RF to right side (7); step LF forward (8)

S3: SUGARFOOT X4, ROCKING CHAIR

12 Twist lower body right and step RF forward (1); twist left and step LF forward (2)
34 Twist lower body right and step RF forward (3); twist left and step LF forward (4)
5678 Rock RF forward (5); recover weight to LF (6); rock RF back (7); recover weight to LF (8)

S4: BOUNCE ½ TURN LEFT, MODIFIED V-STEP

1234 Step RF forward (1); bounce 3 times making ½ turn left, shift weight to RF on count 4 (9:00)
56 Step LF forward on left diagonal (5); step RF wide to right side (6)
78 Step LF back (7); touch RF beside LF (8)

RESTART: Wall 8 (3:00) begins a 48-count phone conversation between Ms. Trainor and her mother, Kelli. The phone conversation ends on count 16 of Wall #9, facing 3:00. Restart here!

DANCE ENDING: The final Wall begins at 6:00, is largely instrumental, and would normally end at 3:00. If you like ending at 12:00, simply pivot left on count #1 as the music ends.

NOTES: Give it a bouncy feel, a little “modern Mom” Meghan Trainor attitude!

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